



# **Running Around Britain - The Lake District - a 6.5 mile circular route. Staveley - Cowan Head - Elf Howe - Staveley**

*John Edmondson*

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Running Around Britain is an e-book series aimed at the runner who wants more than just an internet route to follow.

The different routes may be urban routes, nature routes, mountain routes, or any other manor of routes that are available in the local area. They are also intended to help search out routes that are not normally featured in the usual literature so taking you along some hidden gem.

Don't worry though, the state of the paths and the terrain will also be there for you so you can judge whether it is suitable for kids, the elderly and the disabled.

The book will also feature photos of the route so you shouldn't get lost!

We hope that you enjoy this e-book and that you will look for other books in the range for your next trip.

If you want to contribute a route, then email [steve.caron@jmdmedia.co.uk](mailto:steve.caron@jmdmedia.co.uk) with your idea and he will be in touch.

### An Overview of the route

This guide takes you on a circular tour starting and ending in the Mill Yard at Staveley. The 6.5 - 7 mile journey explores the hilly countryside to the east of the village and includes some pretty stretches of the river Kent. The target is the ruined farmhouse of Elf Howe and its surrounding countryside.

Time to complete: Allow between 2 and 3 hours to walk the route.

The state of the paths: Most of the paths around the route are well maintained but still expect some mud! Some of the paths are uneven or slippery. There are numerous stiles and gates. They could cause problems for those who are in a wheelchair or who are pushing a child in a buggy.

On road or off road: Of the 6.5 - 7 miles, about 2.5 miles is on tarmac roads, most of which are lanes used infrequently by motorists.

The terrain: The route is hilly for much of the journey. The total ascent is about 700 feet.

Finding your way round: This guide provides enough detail to follow the route. It's suggested that you read the full guide before setting out and refer to it at intervals during the walk. If you'd like to be guided round the route by the author see <http://guidedscenicruns.weebly.com/>. This is one of many that the author offers as a guided run or walk

### About the Author

After working for over 30 years as a successful safety, health and environment specialist John recently moved from the northeast to enjoy retirement in Cumbria. He has been running and walking for fitness and enjoyment since the late 1980s. Since moving to Cumbria he has combined the fun of running and walking with the pleasure of admiring the magnificent scenery of the Lake District. John's keen to share this experience with others.

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